

DHARMAKAKRA MUDRĀ

# Three Refuges

B. Nyanabhadrā

Kindly  
switch off  
your smartphone





DON'T TRUST ME!

Kalama Sutta

To Begin With,  
There is No  
Buddhism



Kisah Upali

Understanding is the most  
important thing and  
it takes times



Taking Refuge is the  
door to become Buddhist



Being a Buddhist,  
it's a process,  
an awareness,  
an openness,  
a spirit of inquiry

Taking Refuge is not  
to avoid problem,  
show other your  
Buddhistness



The Raft that brings you to the other shore

Bhikkhus, the teaching is merely a vehicle to describe the truth. Don't mistake it for the truth itself.

A finger pointing at the moon is not the moon.

The finger is needed to know where to look for the moon, but if you mistake the finger for the moon itself, you will never know the real moon.



I WANT  
HAPPINESS!





FIRST REMOVE  
'I', THAT'S EGO.  
THEN REMOVE  
'WANT', THAT'S  
DESIRE.



NOW ALL  
YOU'RE LEFT  
WITH IS...

HAPPINESS!







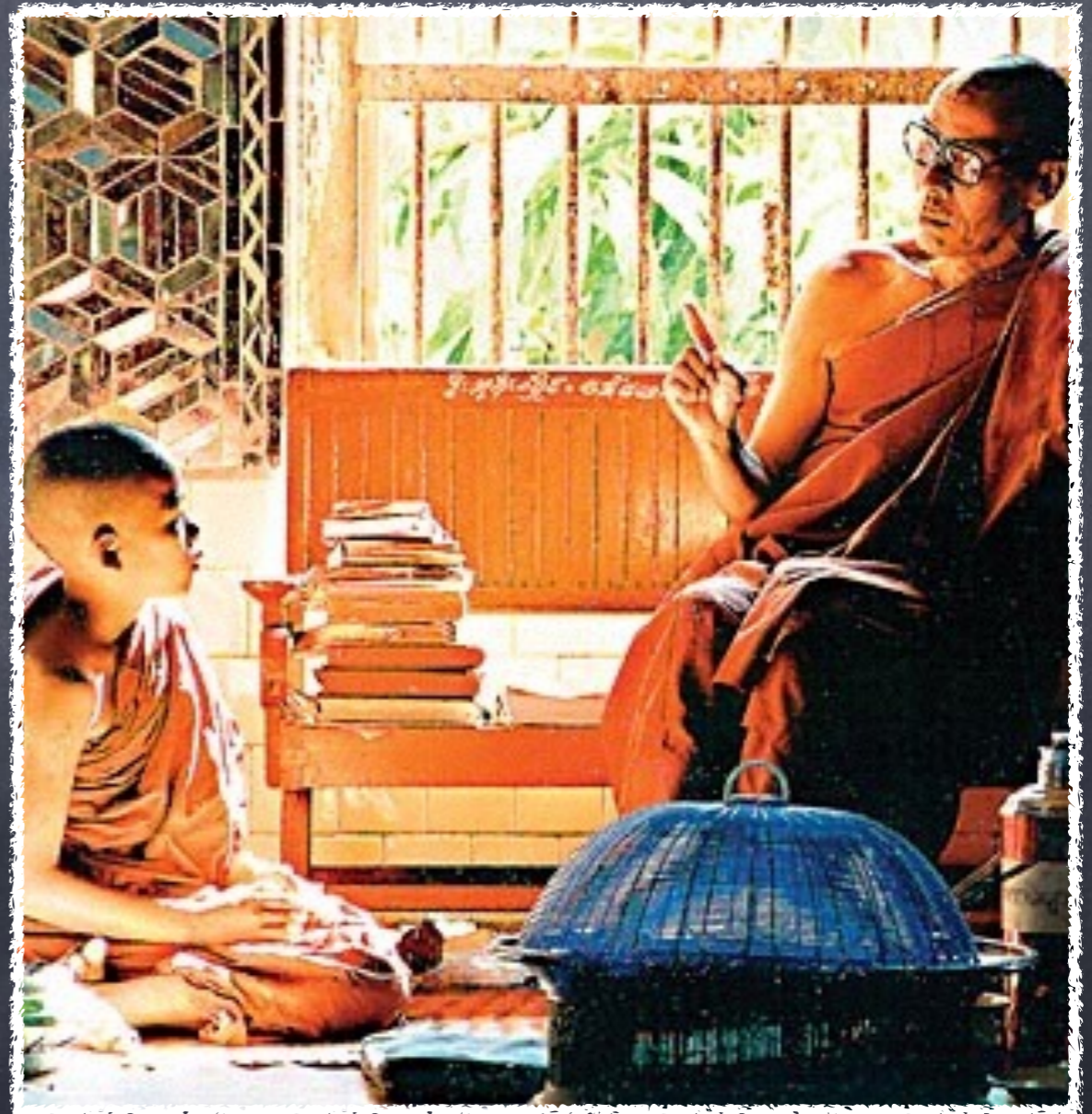
# The Buddha

- ◉ Regular Human Being
- ◉ Full capacity
- ◉ Knowledge
- ◉ Loving Speech
- ◉ Non Discrimination
- ◉ Compassion
- ◉ Wisdom



# Dharma

- Dharma is everywhere
- 84000 Dharma Doors
- Study
- Practice
- Realize



Living Dharma  
V.S.  
Dead Dharma



Cooking and Recepte

### WALKING TIMES

WALKING ROUTE	ESTIMATED TIME
Johnstone Park to Start/Finish	7 minutes
Johnstone Park to Waterfront	10 minutes
Johnstone Park to Pakington	15 minutes
Johnstone Park to Queens Park	40 minutes
Johnstone Park to Montpellier Park	75 minutes
Johnstone Park to Barwon Valley Park	35 minutes
Queens Park to Montpellier Park	35 minutes
Barwon Valley Park to Montpellier Park	55 minutes

**PARK+RIDE**  
Sutcliffe Reserve  
(Melway Ref 431 14)  
Sunday only 7am-9pm

**SUTCLIFFE RESERVE**  
**DROP OFF/ PICK UP**  
Waddell Rd  
(Geelong West Oval)

### WATERFRONT

- The Bike Shop
- Steampacket Village
- Cavendish Common
- Edge Beer Garden

**PARK+CYCLE**  
Deakin University  
Warrn Ponds Campus  
(Melway Ref 464 35)  
Sunday only

### QUEENS PARK

Friday-Sunday only

### MONTPELLIER PARK

Friday-Sunday only

### BARWON VALLEY PARK

### JOHNSTONE PARK

### START/ FINISH

**PARK+WALK**  
Geelong racecourse  
Wednesday-Sunday

**PARK+RIDE**  
Brearley Reserve  
(Melway Ref 465 K4)  
Sunday only 7am-9pm

**BREARLEY**  
**DROP OFF/ PICK UP**  
BVIC

### PAKINGTON ST

### FEED ZONE

### LEGEND

- |                  |                     |                |
|------------------|---------------------|----------------|
| Art installation | Lost & found        | Sponsor expo   |
| Bike racks       | Medal ceremony      | Teams compound |
| Entertainment    | Merchandise         | Toilets        |
| First aid        | No alcohol area     | TV screen      |
| Food & catering  | Pedestrian crossing | Walking route  |
| Information      | Police              |                |





When Buddha was asked to  
sum up his teaching in a  
single word,  
He said:

Mindfulness



# The Sangha

- ◉ Community of practice that live in harmony and awareness
- ◉ 6 Harmonies
  - ◉ Living in a same place
  - ◉ Sharing Material resources
  - ◉ Observe same precept
  - ◉ Share understanding of Dharma and practice
  - ◉ Reconcile different viewpoints
  - ◉ Practice loving speech to avoid quarrel





Thanks for  
listening!

Any Questions?

No?

**SUPER!**